



Salad lunch and gift instructions

THE ART OF CARE-FULL PRACTICE SYMPOSIUM

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The Art of Care-full Practice **Salad lunch and gift instructions**

We have provided you with bowls, lettuce, salad dressing, toppings, bread, chopping materials, cutlery, plates, soft drinks and cups.

*

With the materials you have brought for lunch, negotiate with your group about what to include in the salad and how.

*

You may want to continue the discussion on care. Nutritious food is a great invitation to converse.

*

What is the relation between food and care?

*

Enjoy the lunch you have created as a group.

*

Sometime during the lunch, discuss how you want to pass on the gift or token of care you have brought.

*

What is the relation between care, giving and receiving?

*

The paper acting as table cloth is a document. Feel free to write anything you want on it.

*

There is no need to conclude on anything, just to open up conversations.

About the authors

This material was prepared by Laura Bissell, Laura González, Dee Heddon and Simon Murray, organisers of *The Art of Care-full Practice* symposium, which took place on 5 March 2017 at the University of Glasgow. This event was a collaboration between The Royal Conservatoire of Scotland, The Glasgow School of Art and the University of Glasgow, and was part of the inaugural *Take Me Somewhere* festival of contemporary performance that took place in various locations in Glasgow.